

Sample BLS Course Agenda With Optional Lessons

12 students, 2 BLS Instructors; student-instructor ratio 6:1; student-manikin ratio 3:1; total time:
approximately 4 hours and 15 minutes (with breaks)

Time	Lesson	
8:00-8:05	Lesson 1: Course Introduction	
8:05-8:35	Lesson 2: 1-Rescuer Adult BLS Part 1: Adult Chains of Survival Part 2: Scene Safety, Assessment, and Adult Compressions Part 3: Pocket Mask Part 4: 1-Rescuer Adult BLS	Behçet Al
8:35-8:55	Lesson 3: AED and Bag-Mask Device Part 1: AED Part 2: Bag-Mask Device	Behçet Al
8:55-9:04	Lesson 4: 2-Rescuer Adult BLS	Behçet Al
9:04-9:14	Lesson 5: Special Considerations Part 1: Mouth-to-Mouth Breaths Part 2: Rescue Breathing Part 3: Breaths With an Advanced Airway Part 4: Opioid-Associated Life-Threatening Emergency Part 5: Maternal Cardiac Arrest	Behçet Al
9:14-9:40	Lesson 6: High-Performance Teams Part 1: Team Dynamics Part 2: High-Performance Teams Part 3: High-Performance Teams Activity (Optional)	Kurtuluş Açığı
9:40-10:00	Lesson 6A: Local Protocols Discussion (Optional)	Kurtuluş Açığı
10:00-10:10	Break	
10:10-10:20	Lesson 7: Child BLS Part 1: Pediatric Chains of Survival Part 2: Child BLS Part 3: 2-Rescuer Child CPR	Kurtuluş Açığı
10:20-10:40	Lesson 8: Infant BLS Part 1: Infant BLS Part 2: Infant Compressions Part 3: Bag-Mask Device for Infants Part 4: 2-Rescuer Infant CPR Part 5: AED for Infants and Children Less Than 8 Years of Age	Gorkem Alper Solakoglu
10:40-10:47	Lesson 9: Relief of Choking Part 1: Adult and Child Choking Part 2: Infant Choking	Gorkem Alper Solakoglu
10:47-10:52	Lesson 10: Conclusion	
10:52-11:32	Lesson 11: Skills Test Part 1: Adult CPR and AED Skills Test Part 2: Infant CPR Skills Test	Gorkem Alper Solakoglu
11:32-11:57	Lesson 12: Exam	
11:57-12:12	Lesson 13: Remediation Part 1: Skills Testing Remediation Part 2: Exam Remediation	Gorkem Alper Solakoglu

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association, and any fees charged for such a course do not represent income to the Association.

Sample Agenda for ACLS Course

12 Students, 2 ACLS Instructors; approximately 12 to 13 hours with breaks

Day 1		
13:30	Lesson START : Welcome, Introductions, and Course Administration	Bilgehan Ahmet Cumhur
13:45	Lesson 1 : ACLS Course Overview and Organization	
<i>Divide class into 2 groups</i>	Lesson 2 Learning/Testing Station: High-Quality BLS	Lesson 2 Learning/Testing Station: High-Quality BLS
13:55	Group 1	Group 2
<i>Divide class into 2 groups</i>	Lesson 3 Learning/Testing Station: Airway Management	Lesson 3 Learning/Testing Station: Airway Management
14:40	Group 2	Group 1
15:25 Break		
<i>One large group (or 2 small groups)</i>		Bilgehan Ahmet Cumhur
15:40	Lesson 4 : Technology Review	
<i>Divide class into 2 groups</i>	Lesson 5 Learning Station: Preventing Arrest: Bradycardia	Lesson 6 Learning Station: Preventing Arrest: Tachycardia (Stable and Unstable)
15:55	Group 1	Group 2
16:55	Group 2	Group 1
Day 2		
<i>One large group (or 2 small groups)</i>		Kurtuluş Açıksarı
8:00	Lesson 7 : High-Performance Teams	
8:30 Break		
<i>Divide class into 2 groups</i>	Lesson 8 Learning Station: High-Performance Teams: Cardiac Arrest and Post-Cardiac Arrest Care	Lesson 8 Learning Station: High-Performance Teams: Cardiac Arrest and Post-Cardiac Arrest Care
8:45	Group 1	Group 2
12:00 Lunch Break		
Day 2 (Continued)		
<i>Divide class into 2 groups</i>	Lesson 9 Learning Station: High-Performance Teams: Megacode Practice	Lesson 9 Learning Station: High-Performance Teams: Megacode Practice
13:00	Group 2	Group 1
15:20 Break		
<i>Divide class into 2 groups</i>	High-Performance Teams: Megacode Testing and Megacode Testing Details Lessons T2-T4	High-Performance Teams: Megacode Testing and Megacode Testing Details Lessons T2-T4
15:35	Group 1	Group 2
<i>One large group (as students finish the Megacode Test)</i>		Behçet Al
16:55	Exam (T5-T6)	
17:30	Remediation/Class Ends	

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